



National Nutrient Database for Standard Reference
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Statistics Report 01091, Milk, dry, nonfat, regular, without added vitamin A and vitamin D

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	3.16	382	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	362	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1516	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	36.16	183	0.081	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	0.77	351	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	7.93	104	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	51.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	51.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Minerals													
Calcium, Ca	mg	1257	12	30.776	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.32	6	0.058	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	110	9	3.072	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	968	13	25.372	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	1794	2400	3.503	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	535	6	17.449	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	4.08	7	0.108	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	27.3	9	2.953	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	6.8	14	0.725	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.415	24	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	1.550	24	0.043	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.951	25	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	3.568	16	0.075	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.361	28	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Folate, DFE	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	169.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	4.03	15	0.348	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Retinol	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	01077	11/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin A, IU	IU	22	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin E (alpha-tocopherol)	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Tocopherol, gamma	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Tocopherol, delta	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	01077	11/2002
Lipids													
Fatty acids, total saturated	g	0.499	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.028	4	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.006	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.007	5	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.018	5	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.014	5	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.083	5	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.235	5	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.085	5	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.022	5	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.167	5	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.019	5	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.011	5	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	1.632	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	2.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	3.542	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	2.868	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.907	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.334	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.746	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.746	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	2.420	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	1.309	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.981	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	1.247	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	2.743	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	7.572	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.765	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline	g	3.503	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.967	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001